

February 2022

"Come Follow Me." Matt 4:19

Leader: We give You thanks, God our Creator.

All: Because You have given us life.

Leader: You have made us in Your image and breathed Your Spirit into us.

All: We are alive with divinity and Your glory is made manifest in us; we have been touched by God!

Leader: God, who is love, give us Yourself. Teach us to love.

Reading: "He said to them, 'Come with Me, by yourselves, to some remote place and rest a little.' With many coming and going, they had no time even to eat." *Mk 6:31*

Reflection: Do you give time for rest and refreshment with the Lord? If not, how can you do so in the near future?

Pause

Left: Queen of the Quiet Places, thank you for Sunday mornings flavored with Sabbath stillness.

Right: The only sounds breaking the immense quiet are crickets humming and the first yawns of robins and cardinals.

Left: My soul awakens with ease, cradled in meditation, sung to by your stillness, Silent Sentinel of my Soul.

Right: And I am delivered for a while from the torture of endless schedules and the deafening noise of my own desires. Joyce Rupp-Adapted

Leader: O God, we thank you for those moments of relaxation in the life of Jesus: in the presence of a child, crossing the lake, enjoying a party, at ease in the homes of friends, making a tour, visiting new places, going solitary, and we ask that we too may find rest and refreshment of body and spirit in our moments of relaxation. Amen.